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THE Boston Osteopath.

VOL. 1.

BOSTON, JANUARY, 1898.

No. 1.

Salutatory.

It is in response to the many requests for more light on the subject of Osteopathy, that this Magazine is placed before you. As it is intended to bring the subject of "healing without drugs" to the attention of the reader, all technical terms and phrases which have so long confused and blinded people will be avoided. Thus we hope to meet the requirements which we have felt ever since our location in the city,—that of having literature which briefly yet clearly, will present the theory upon which the Osteopath treats disease.

Until recently we had not entertained the idea of publishing a magazine, but the demand for Osteopathic literature and our inability to supply it makes it necessary for us to take this step.

For this number we have selected from other publications such articles as will be of interest to the reader, aiming to present such subjects as will answer in part the questions so often put to us.

From month to month as space will allow, we will take up the diseases which most readily yield to our methods, giving the theory and the cause and the treatment of the same. We are aware that however reasonable the theories, however learned in Anatomy, Physiology or Pathology, all are useless unless their worth can be proved by the arrest of disease, relief to the sufferers, restoration to health.

This is what the St. Louis Republican says of Osteopathy, the latest development of the progressive science of healing: If, as has been stated, the age of miracles in the history of religion is past, it is equally certain that the age of marvels in the evolution of science is just beginning. The triteness of this remark finds an apt illustration in the wonderful cures being effected by practioners of the newly developed Science of Osteopathy.

While the public and even the oldest members of the medical fraternity stand aghast and look with a feeling of admiration and surprise at the marvellous results daily accomplished by treatment under Osteopathic principles, its discoverer simply regards it as the true application and working of nature's laws. To him there is nothing mysterious or difficult about it.

As a basic principle the Osteopath must be a most competent and thorough anatomist. He must understand the name, the use and purpose of every blood-vessel, every muscle, bone and nerve in the human system. In other words he must be able to define at once the perfect man, and as the majority of diseases peculiar to mankind come from the displacement of some function of the human body, the proper adjustment of the bone, muscle, tendon, or blood vessel so displaced is the sole duty and object of the Osteopathist, while nature accomplishes the result. This science marks a new era in medical progress of the world

Boston Institute of Osteopathy.

The centers of Osteopathy in the eastern part of the country will receive a splendid reinforcement by the opening of the above named Institute in Boston, Massachusetts, by Dr. Clinton E. Achorn and wife during the month of June. Dr. Achorn is a Maine man by birth, whose early life was spent in Boston, where he attended school for ten years. In 1878 he was compelled to leave the east on account of poor health. After trying numerous treatments and receiving no benefit from them, he was induced to try Osteopathy from which he received so much benefit that he took up the study in the Northern Institute of Osteopathy, in company with his wife, both of them graduating the same time.

They have both been close students and are highly qualified for the work they are undertaking.

The Northern Institute takes pleasure in publishing their photographs in this issue, and in wishing them the success they deserve, which they will be sure to achieve.—*Northern Osteopath*, June 1, 1897.



Dr. Irmine Z. Gunsaul, a graduate of the Northern Institute of Osteopathy, has made a location at Mitchell, South Dakota, and also at Scotland, in the same state, working alternate days at each place. Dr. Gunsaul is having a large practice in these two cities, which we are glad to hear, as she is eminently capable of conducting the practice, and we wish her success.—*Northern Osteopath*, June 1, 1897.



Osteopathy is accepted by many as the crowning clutch at a straw.



Osteopathy is a scientific method of treating disease without medicine.



CLINTON E. ACHORN, D. O.



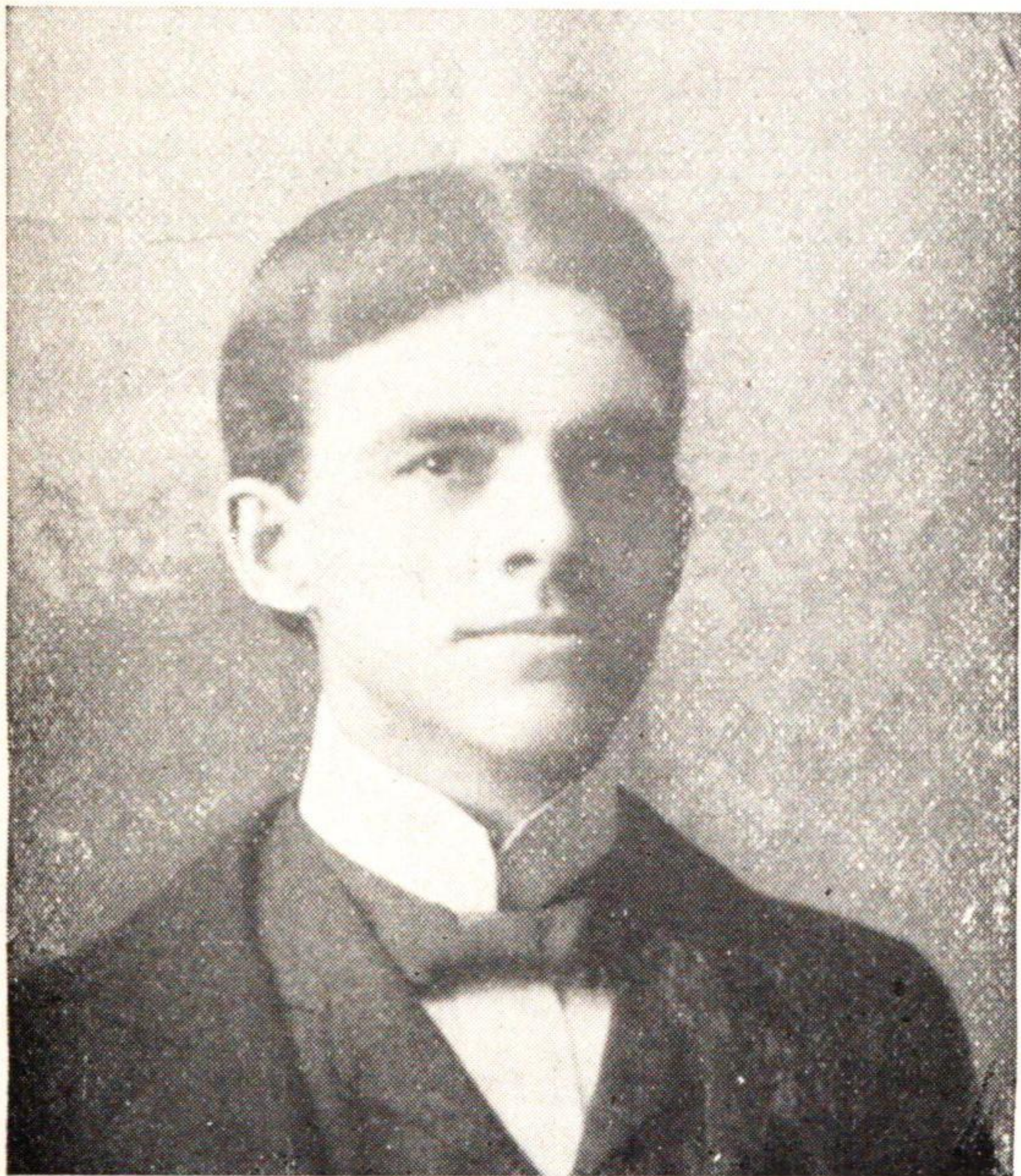
ADA A. ACHORN, D. O.

July 1, 1897, is a day fraught with importance to all that portion of Boston's community who may be so unfortunate as to suffer from the inconvenience, not to say the pain, of

disease, as it marks the opening of the Boston Institute of Osteopathy, the only institute of the kind, not only in Boston but in the East. Drs. Achorn, Ellis and Achorn are qualified in every respect to minister to the afflicted and instruct all who may come under their tutelage for the purpose of gaining a knowledge of this science of cure. It will be noticed that no expense has been spared in securing a location and fitting up elegant apartments, offices, and operating rooms.—*The Osteopath*, Sept., 1897.



Dr. Sidney A. Ellis, who had a remarkably successful practice at Red



SIDNEY A. ELLIS, D. O.

Wing, Minnesota, has turned his practice over to E. Anton Peterson, a member of the Second class of the Northern Institute of Osteopathy, and will, after a vacation, go to Boston, Massachusetts, to assume his duties as vice-president of the Boston Institute of Osteopathy. He was in this city recently and called on the *Northern Osteopath*.—*Northern Osteopath*, Sept., 1, 1897.



Diseases Treated.

The following is a list of the so-called diseases that have been suc-

cessfully treated by this method, and in most cases after many other methods have been tried and failed.

Headache, (all kinds), Insanity, Baldness, Weak Eyes, Granulated Lids, Pterygium, Catarrh, Hay Fever, Enlarged Tonsils, Enlarged Lymphatic Glands, Goitre, Asthma, Bronchitis, Deafness, Loss of Voice, Cerebro-Spinal Meningitis, Incipient Consumption, Irregularities of the Heart, Pleurisy, Neuralgia or Rheumatism of any kind, Gout, Spinal Curvatures, (all kinds), Lumbago, Cold Extremities, Dislocations and Sprains. All kinds of Stomach, Liver, Kidney, Bowel and Spleen troubles, including Flatulency of Stomach and Bowels, Vertigo, Jaundice, Torpid Liver, Gall Stones, Dyspepsia, Constipation, Chronic Diarrhœa, Bright's Disease, Piles, Enlarged Prostrate Gland, Bladder and Urethral troubles, Uterine, Vaginal and Rectal Affections. Female Irregularities, as Painful Suppressed or Excessive Menstruation, Leucorrhœa, Nervous Prostration, Locomotor Ataxia, Paralysis, Atrophy, St. Vitus Dance, Sciatica, Hip Disease, Joint Disease, Stiffness of Joints, Dropsy, Eczema, Scrofula, Varicose Veins, Milk Leg, Obesity, and Emaciation. The above are the class of diseases that medicine has failed to cure. We are glad to take them because we cure about eighty-five per cent. of the cases we take; benefit ninety-five per cent. and fail on five per cent. Of course some wait until they have lost reactive power, —such we do not want, and frankly tell them so.

ADA A. ACHORN, D. O., Sec'y.



Curvatures and Spinal Troubles.

In curvatures and other spinal troubles the results from Osteopathic treatment are more pronounced than from any other treatment.

The Osteopath finds from the study of Anatomy that all parts and organs of the body are controlled

by nerves originating in the brain or spinal cord. Any obstruction to this supply will result in derangement of these parts, and where the obstruction is sufficient, paralysis will surely result. It can readily be seen that any deviation from the proper shape or position of the vertebra will inevitably produce pressure upon the delicate nerves, a pair of which emerge between each section of the spinal column. When pain or symptoms of derangement are described to us by a patient our first examination is to see if the conditions are normal at the point in the back where the nerves which supply the point at fault, emerge.

Where displacements or curvatures exist our diagnosis is easy, but it sometimes happens that the pressure is caused by thickenings of membranes within the bony column, or as in sudden strokes of paralysis or apoplexy from the rupture of some small blood vessel, the clot causing the pressure.

The removal of these conditions can be wonderfully facilitated by our treatments which are directed to absorbing the same through the improvement of circulation.

Where no difficulty exists in the spine and the trouble is purely local, stimulation of the nerves leading to the parts will arouse the organs to a healthy activity.

Our treatment of curvatures and deformities of the spine is radically different from that of even the renowned French surgeons who have recently made such a stir in the medical circles.

Where they apply force in much the same direction that we do, they aim to correct the position at once and hold it by plaster casts, which, making it impossible to use the back muscles, weakens them, and in some cases the prolonged inactivity results in a permanent stiffening of the back.

Our aim is greatly to reduce the deformity, largely by strengthening the muscles, which will draw the

parts into position. The patient, instead of being weakened and rendered almost helpless by the apparatus is made stronger every day. In the same length of time required by the M.D.'s and Surgeons, Osteopathy will accomplish a cure, and when the cure is effected by our method the back is both *straight* and *strong*.

A. V. MORSE, D. O.



The Eye.

People desiring to strengthen their eyes so as to do without glasses, will find that our treatment will do this without inconvenience or pain, and in the shortest possible time.

We would be pleased to have you call and see some of the results.

BOSTON INSTITUTE OF OSTEOPATHY,
ADA A. ACHORN, D. O., Sec'y.



Osteopathy will stop your hair from falling out after two or four weeks treatment.



Curvatures and spinal troubles are specialties of all Osteopaths. See article on these troubles.



At the Top.

It seems necessary for every new and formidable idea to fight its way to supremacy or sink back into oblivion. Osteopathy, as a new science, has without question forced itself upon the public notice with wonderful rapidity. It originated in the mind of only one individual, hence it has not covered the entire world. Where it has been introduced and thoroughly demonstrated it has its greatest number of advocates. Like almost any other new profession, its encroachments fell into the pathway of regular physicians, and strenuous measures have been adopted in the different States where Osteopathy has been introduced, to kill it in its infancy, without success. Ordinarily any good

or valuable idea which is fraught with merit will find its way to the top, which seems to be the destination of Osteopathy.—*American Critic.*



In presenting Osteopathy, or the mechanical side of the health question, we must need make frequent reference to the operating forces through which life is maintained. We have therefore to face an ill-advised or wrongly educated public sentiment, which, under the guise of society, stigmatizes one important part of the organism as inferior. We must also seem to speak harshly of long-existing methods, which have proven to be opponents of health in general.



Osteopathy's Claims.

Osteopathy is a healing without medicine. It is a drugless science. We claim to do all and more than medicine can. We can do with the fingers what has been done with the knife. We also claim that the greater number of diseases are occasioned by displacement of muscles or bone, or some unnatural pressure upon a nerve or blood vessel. When all obstructions are removed, and all the organs of the human machine are made to work without friction, nature is ready to step in and bring strength and health.



The Question is Often Asked Us, How Does Osteo- pathy Cure?

Osteopathy brings about a cure by building up the parts; by so stimulating the circulation that nature brings every part to the performance of its function and throws off all superfluous and poisonous matter. When the circulation is sluggish inflammation results; and the waste tissue which should be carried away by the blood, and exhaled from the lungs and skin, remains to clog and poison the system; the result is

disease in one or more forms which it assumes. Osteopathy cures by the well known law of nature, that if properly sustained, each organ will perform its functions naturally. It does it by toning up the system and stimulating the circulation so that the disorder, whatever particular form it may have taken disappears.

Osteopathy really does not make the cure, but simply assists nature, who is the great physician after all. She it is who must repair every break and rebuild every tissue. All the skill of all the world's wise men cannot mend the broken leg of a sparrow, cannot construct one cell of millions that make up the body, nor weave one square inch of that delicate fabric, the skin, in which God hath wrapped us. The best we can do is to bring our humble services to the aid of the great physician, and this is all we claim to do with Osteopathy. How well we do it we shall leave those to tell who have been benefited by us.—*The Osteopath.*



The Cause of Many Diseases

is a fall, strain or over lifting; often there is at the time, or soon after the injury, an acute fever of some description, to be followed in time by some chronic ailment, the acute and chronic ailment being the result of the same derangement; the latter may not develop until years afterwards. A wagon or any piece of machinery may be bent or cracked when overloaded, and the damage be unobserved for years, but at last it gives way when least expected. Life may be prolonged and misery prevented by getting the human machinery fixed whenever any injury is done, and not wait for the injury to produce inflammation and a fevered condition. If these injuries done to bones, muscles, ligaments, nerves and blood vessels were immediately attended to, the time taken to adjust them would be brief, but after waiting for years, as

most cases we get, then it frequently takes weeks or months to replace them and get them accustomed to their natural positions. Instead of waiting for symptoms to develop, as the M. D's do, the Osteopath will correct the trouble and the symptom will not develop, for the cause is removed. If every part of the body was just right there would be no disease. Adjusting the human body when wrong is the only means of preventing disease. Poisons do not cure. By Osteopathy we locate the error and know where to look for the cause; we do not look for any imaginary something and then try experimental specifics; we find displacements which obstruct natural functions. The M. D. does not look for obstructions but uses his drugs to stupefy the action of the whole system of secretions and excretions and thereby obstruct the action of all vital channels. To wait for the developments of symptoms so as to know what to give is a criminal delay, the result of ignorance, causing thousands to suffer all their lives or die a premature death.—*The Osteopath.*



Osteopathy Gains By Comparison.

It is more successful than the old method, it is gentle, agreeable and safe and leaves no ill effects. How often do injurious results fail to follow drug medication? A patient is suffering from cough, an expectorant is given, the cough is somewhat relieved but the expectorant has produced nausea and the appetite is gone; to restore the appetite and improve the tone of the stomach, mineral acids are prescribed, the appetite gets somewhat better but the acids have irritated the mucous membrane of the bowels and has produced other trouble, to check which astringents are given. These in turn produce an aggravation of the cough, and so the rounds have to be commenced over again.

Ignorance being in darkness, what we need is light. The most important things to teach as the basis of all progress is that the universe is natural, that man must be the providence of his own future. By the development of the brain we can avoid some of the dangers, overcome some of the obstructions and take advantage of some of the facts and forces of nature. That by thought, study and industry, Osteopathy was developed to cure the ills of the body. Man has long ceased to expect aid from any supernatural source; by this time we should be satisfied that medicine has not brought health. We should know that the supernatural has not succored the oppressed, clothed the naked, fed the hungry, shielded the innocent, staid the pestilence or freed the slave.—*The Osteopath.*



This Age Very Destructive to Health.

We live in an age that is very destructive to health. It is a well known fact, that eighty-five per cent. of mankind are sick, and that very few are perfectly well. The rush of life and struggle for existence and irritability of the times have led to nervousness and consequent injury to the body. Adulterated foods half cooked and digested, wrong habits of life, and the lack of association with nature, have made the existence of every man and woman a struggle rather than a pleasure, and the seemingly healthiest may be dead in a week. The race has degenerated physically; men and women should come back to the original of nature. There are laws of life; every disease must have its natural cause and its natural cure. Medicine is the enemy of the body. Osteopathy is in touch with nature, and its success hitherto is a sure indication of its power over disease.—*The Osteopath.*

An extract of muscles for rheumatic pains.

A gray matter extract to nourish our brains.

An extract of teeth for a man that can't chew.

A maxillary extract to cure lock jaw.

An extract of ocean to cure mal de mer.

A hirsute extract for those withot hair.

A doudenal extract to serve a good turn.

In healing the ulcers that follow a burn.

An extract made out of a whole population.

To rescue some housewife from sterilization.

Ex.



"Can I Stand the Treatment?"

"Am I not too weak or frail to bear osteopathic treatment?" These questions are often asked and no doubt arise in the minds of those who contemplate taking this method of treatment. This is by no means an unnatural question, for the reason that all are familiar with the methods employed by the average surgeon in reducing dislocations, in which strong ropes, block and tackle, and the strength often of many burly laborers, play an important part, creating an absolute necessity for chloroform or some substitute therefor. No wonder that these questions arise in the minds of the invalid who contemplates a treatment that has become known popularly as "Bone-setting." It may be stated at the outset that all such appliances and forces are unnecessary even in setting the most difficult dislocations, and serve only to supply a deficiency in the knowledge and skill of the operator.

Treatment and method of handling that would be suited to one case would be too vigorous in another. There is the same difference among patients as there is among machines going into the repair shops. The watch-maker is called upon to repair the large clock in the tower of the city hall, as well as the smallest and most delicate watch. The force and methods employed in handling the clock would demolish the watch,

while the frail implements and delicate touch required in repairing the watch would be of no avail in handling the clock. The same principle must govern in the "treatment" of all machinery that is out of repair, and is certainly to be recognized in handling that finest and most perfect of all machines, the human system. For it is but a machine, and in disease it is simply "out of order," and needs repairing of the same kind as that required by any other machine.

Very little pain is given in administering this treatment. The most delicate individual need have no fears of not being able to bear it. The universal verdict among the patients is that it is easier to take than strong medicines. — *Jour. of Osteopathy.*



Concerning Testimonials.

The best testimonial that can be given is where one person can say to another, "I know." The blind man, whom Jesus healed, had no theory of the miracle; he could not explain it; but justly thought his questioners should be satisfied with his simple statement, "Whereas I was blind, now I see." In like manner the thousands who have been cured by osteopathy have no knowledge of the how and the why—probably do not care but are satisfied to be able to say, "Whereas I was ill, now I am well;" and surely they may well be satisfied. It would certainly be interesting to know how a simple remedy can repair the disorder which has baffled the most profound skill in the world; but the solution of this mystery is a secondary matter. "Can it be done?" is the great question which is agitating those who are suffering, and they will not wait to learn "how" first and be cured afterward, but be cured first and find out "how" at their leisure. As a testimonial by word of mouth can reach but a few, we are forced to do the best we can in the matter, and ask the coöperation of our patrons to

make the evidence as strong as possible. The evidence loses force when it is given to us in a written letter; still more of the force is lost when we are obliged to put it into print; and the fact that many shrink from having their diseases heralded to the world is a still farther detractian.—*The Osteopath.*



To the Doctor.

Let every man think for himself, to practice what he conscientiously believes to be true. A man unprejudiced, one who will accept truth wherever found, will study all sides of the question. No true scientist can be selfish. He will neither adopt nor reject that which is presented to him without conscientiously considering its real nature, and the fact is unquestionable that the greater his knowledge of scientific facts in nature the sterner does his conscience become. No true scholar who works for humanity's sake will cater to glory or "isms," but will give to every man the right hand of fellowship. In that way the standard of humanity will be elevated, to the great benefit of suffering humanity; in that way, also, you will learn to reject the false and accept the true. We ask you, in all manhood, to lay aside prejudice and investigate osteopathy.—*The Osteopath.*



Legal Status of Osteopathy.

Osteopathy has been legally recognized by four States—Vermont, Missouri, North Dakota and Michigan, thus placing this practice on an even footing with medicine and allowing the graduates of recognized schools to attend any case and perform such surgical work as they may find necessary.

In Ohio the judiciary has sustained the rights of the Osteopaths to practice in that State. In Colorado, Illinois, North Carolina and South Dakota bills were introduced and passed both houses but failed to be-

come laws through the action of the governors.

The medical laws of this and other States are framed with a view to restricting the practice of those who use deadly drugs without having the requisite education to know their effects; but to the class of work we are doing this does not apply since we do not give drugs or medicine of any kind.



The principles of osteopathy are simple, and, when fully understood, must appeal to the intelligence of every thinking person. That exceedingly complex and elaborate system of electric wires that ramifies every part of the human body, called the "Nervous System," is the most important factor. It bears the same relation to the living body as the telegraph and telephone systems do to the social and commercial intercourse of the world—the organs of the body comparing with the industrial centers, while the nerves and arteries are avenues of communication and transportation between them.—*Chicago Journal.*



Asthma.

Can an Osteopath cure asthma? is a question asked by hundreds. It is pronounced by regular physicians to be incurable, with the exception of a few who outgrow it. What is asthma is a question asked and which any one that attempts to cure a case must be able to answer. It is true neurosis of the respiratory apparatus. The result of peripheral or local disturbance in the nervous system. It is sometimes of reflex origin, starting from diseases of the nasal mucus membrane, from Bright's disease of the kidney, and in heart trouble. An asthmatic has no trouble receiving air into the lungs, but in expelling; and nothing excites the feeling of impending death so forcibly as this fixing of the chest and inability to pump the air out. In a chronic asthmatic the air-sacs are distended

at all times, due to over stretching during the paroxysms.

The sputum of an asthmatic is unique if examined during the beginning of a paroxysm; the little gelatinous masses under the microscope will be found to consist of molds of the smaller bronchi and small crystals called Lydens crystals.

What are the causes? The nerves which go to the lungs are interfered with. The thoracic nerves pass out from the spinal cord between the vertebrae through the intervertebral foramen. Just above and below is the head of the rib, joined to the vertebrae by ligaments, and in front of the cartilage to the sternum of breast bone. They are so situated that the turning of one may press on a nerve, causing trouble at its distal extremity.

In Bright's disease there will be a damming of blood back upon the heart, which in turn causes congestion of the lungs and causes asthma by local disturbance. Asthma from nasal diseases is a reflex condition due to the intimate connection of the nerves of the nose, trachea and lungs. The Osteopath would adjust the ribs to their normal position, treat the kidney and relieve the congestion of the nasal mucous membrane, thereby making a perfect cure.—*The Osteopath*.



Osteopathy Cures all Diseases that are Curable at all.

Osteopathy consists of a series of manipulations of the various parts of the body, stimulating nerve centers to action, removing pressure from them along the lines of their distribution arousing nerve force and adjusting the bones and muscular system, freeing the circulation of the blood and other fluids of the body, thereby equalizing the forces in every tissue and organ so that harmony is restored in every part of the system. This method of curing disease should not be confounded with any other.

It claims no kinship whatever with massage, Swedish movements, "Christian Science," Hypnotism, nor any other method of curing disease ever devised by the ingenuity of man. It stands alone. It has no equal. Doctors, above all other classes of men in the world, should know Osteopathy. These claim to be the arbiters of pathological conditions and consequences; their only means of restoring the sick to health being agencies called medicines. Anyone of practical common sense with education enough to comprehend the laws governing cause and effect is qualified to learn this science of Osteopathy and its practical application in twenty months' course of instruction at this Institute, and be able to treat all diseases more successfully than any practitioner who depends upon drugs alone. It may seem surprising that diseases can be and are cured without the use of medicines or drugs, but such is the case, and is much more satisfactory, which is easily demonstrated. The human system is made up of various elements, represented by bone, muscle cartilage, blood-vessels and nerves, and when these are all in a natural condition, health is the result. You may have contraction of the muscle, tightening down on one or more nerves; it may be a sensory nerve, then you have pain, or it may be a motor nerve, then you have paralysis; or perhaps upon a sympathetic nerve, then nutrition is cut off; or failure of any or all of the various functions of the body ensues. You can readily understand that medicines have no power to right these conditions. We have a method whose principles embrace this science of adjusting the system to itself and removing all obstructions in the system recognized as disease - producing agencies, such as obstruction to the free flow of blood and other fluids of the body through natural channels, and the removal of any and all pressure upon nerve fibers, righting the system, so that health results nat-

urally. The demand of the age is ripe for something better than the old way of treatment with drugs. Our system is as old as creation—yet a stranger among people. Investigate it. It is the only perfect system that cures all diseases that are curable at all.—*The Osteopath.*



Love's Anatomy.

My subclavian fossa disgusts her,
She scorns my parietal bone,
Yet sweet is my love as the morning
That breaks in a tropical zone.
To her I will bend my patella,
On her fix my optical ray,
In thinking of her my medulla,
Will wear all its "pia" away.
Yet, tho' perish my poor oblongata,
And the pith of my ossa decay,
Still to me she's the persona grata
I most like to meet in my way.

—*London Times.*



Osteopathy.

Is not only scientific but philosophic. It is in harmony with truth, because permanent relief is had, and not a mere change of pathological condition—a suppression of symptoms and an aggravation of the trouble, as is invariably the case in drugs, which not only does not remove obstructing cause, but adds insult to injury, and doubles the burden nature has to bear.



In a great number of cases we have discovered that a dislocated rib produced heart trouble; that a dislocated shoulder produced rheumatism; dislocated hip, hip-joint disease; that an obstructed vein produced cancer. No medicine is given under any circumstances.



PIONEERS OF THE NEW TIME.

Brave men are they who push and climb
Beyond all formulas,
While the plodding ranks that serve
Old Time
Pull back for Time's old ways;
Strong men are they who hold their own
On the outposts of the new,
Till the world hath to their stature
grown,
And seen the false was true.
Henry Walker, in Oklahoma Annual.

Consumption.

When we reflect that of the men, women and children we see daily thronging the streets, one-fifth will be told they have consumption, we can produce incontestable proof that so-called consumption may be cured by Osteopathy. Now, let us ask in candor, what promise have we of any other system? Take up any practice of medicine—Watson, Wood, Eberle, Hahneman, or Thomson, or any standard works in medical school, and all alike candidly avow that no treatment known to them has been more than palliative. Watch the practice of two physicians of equal eminence, and see how opposite their treatment is. So sure are they of fatal results that they deceive their patients at the beginning by saying that it is only a cold or slight bronchitis, and thus the precious opportunity when the trouble is most easily repaired is allowed to pass unimproved. The very treatment, while it soothes the most distressing symptoms, masks the trouble and in many instances hurries on the catastrophe. When the disease is so far advanced that the patient almost despairs of himself he is then advised to go to California or take a sea voyage. Why persons suffering with their lungs will go to physicians who openly proclaim in their conversation that they cannot even benefit, is to say the least, incomprehensible. If the physician has no faith in his ability to cure, it is the height of folly to employ him. The most eminent physicians content themselves with telling patients to live well, take out-door exercise, be prudent, and take very little medicine. This is all good advice; it is better than helping on the results of disease by using preparations of morphine to soothe the cough at the expense of digestion or of making a sore on the outside of the chest to help the ulcer inside to finish.—*The Osteopath.*



Osteopathy is an art.

THE BOSTON OSTEOPATH.

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Osteopathic Notes.

Dr. T. F. Kirkpatrick, Mankato, Minn., expects to locate in Seattle or Tacoma in January.



The people of Halifax, N. S., expect an Osteopath from Kirksville, Mo., to carry on the good work commenced by Dr. Green.



The B. I. C. is seriously considering the advisability of establishing a branch at Springfield, Worcester and Haverhill.



Indiana people will find the South Bend Institute all that could be desired. Dr. Morse is a man that honors his profession.



We would like to have Osteopaths write us, giving brief statements of recent results for publication. Magazine goes to press on the 10th of each month.



People going to the Pacific coast for the winter should take Osteopathic treatment at the Pacific Institute, at Los Angeles.



We wish to call your attention to the Osteopathic directory on the inside of the front cover, and will be pleased to insert other names if properly notified.



The title page of this magazine is from a pen design by A. W. McCrea, a student at the M. I. T.

Dr. George W. Tull, former demonstrator at the Northern Institute at Minneapolis, has accepted a proposition to go to Honolulu. May the Dr. meet with the most gratifying success. We consider that Dr. Tull has no superior. The people of Honolulu are very fortunate in securing so able a representative.



Dr. Irmine Gunsaul, a graduate of the Northern Institute at Minneapolis, recently of Huron, S. D., arrived in Boston, Thursday, and is now associated with the B. I. O. The Dr. speaks in glowing terms of her practice in the west and made many friends for Osteopathy. Numbering among her patients members of the Executive staff in a state where the Osteopathic Bill was vetoed, convinces one that the merits of our science were finally proven. Dr. Gunsaul leaves a large circle of friends, who will watch her future career with interest.



Chicago people desiring Osteopathic treatment should call at the Chicago Institute, sixth floor of the Auditorium Building. The gentlemen in charge of the Chicago Institute are first class operators and willing to give you their personal attention. We take pleasure in recommending the Chicago Institute.



Dr. F. D. Parker, of the Northern Institute, was arrested last week at St. Paul, Minn., on complaint of the State Medical Board, charged with practicing medicine without the necessary permit from that body and basing their complaint on Webster's definition of their term "practice of medicine." Their complaint is a flimsy one and the Northern Institute of Osteopathy will have no trouble in disposing of the case and getting considerable free advertising out of it. Many of the wealthiest of the St. Paul people came forward and urged their services upon Dr. Parker.

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Pains Are Signs of Sickness.

There are two ways of getting rid of them; either cure the sickness root and all, or deaden the pain. The first is the only sure way; for where there is no disease there can be no pain. To deaden the pain brings only temporary relief, and it is apt to return again, sooner or later. To kill the pain by Osteopathy means health and freedom from further trouble. We may be practically free from pain at certain times, yet the disease is still in progress. Most of the pains, even though they seem to be local, as is often the case in rheumatism, neuralgia, backache, headache, stitches in the side, etc., have their sources in an impure state of blood. You may relieve these pains for a time by applying linaments and plasters, but you can never cure rheumatism, backache, or kindred diseases by means of drug treatment. It will not remove the uric acid from the blood, hence the cause remains, and is bound to show itself again some time or other.

Gout, another disease resembling rheumatism, shows itself by a painful swelling of the joints. You may drug, but the poison still remains. Your kidneys are out of order, and through their failure to remove this poison, the blood has become tainted. There is but one way of ridding the body of these ailments and that lies in the liver which is the chemical laboratory of the body in which the gall is prepared. Its functions are two-fold and very important. The liver not only serves to make the blood healthy by taking from it unhealthy, discarded matter, but also aids digestion by the secretions of gall.

If the liver becomes torpid and fails to eliminate this refuse matter from the blood, different ailments will appear which are classified as liver trouble, producing rheumatism, constipation, and kindred other diseases. Purgation produced by drugs

to arouse the torpid liver or to move the bowels to an unnatural extent, although affording temporary relief, tend to disorganize the parts on which their force is chiefly expended. The intestinal canal is not a smooth hard tube through which can be forced whatever it contains without injury. It is a part of a living organism and needs no force to propel its contents on their way, nor can such force be applied with impunity. Not only does the frequent use of purgatives overstimulate the liver and pancreas, but also the numerous secretory glands which cover the extensive surface of the intestinal canal, forcing them to pour out their contents in such excessive quantities as to weaken and impair their functions.

Now the Osteopath, viewing man as a machine, traces the trouble to the true cause, a contraction of the intercostal and spinal muscles allowing the ribs to spring from the fifth rib to the eighth, slightly turning the sixth or seventh rib causing a pressure on the nerves, thus depriving the organs of half their motor power by relaxing the contracted muscles. We allow the ribs to spring back thus releasing the nerves and permitting the blood to pass down, and supply the wasted part with food, as an obstruction to the nerve force of the splanchnic system not only weakens the peristaltic action of the bowels but also the action of the liver, that great chemical laboratory placed on the highway by which the great majority of material absorbed from the intestines reaches blood. It is obvious to the thinking man or woman why such marvellous results are brought about in rheumatics and kindred painful diseases by Osteopathy.—*The Osteopath.*



Osteopathy greatly assists nature. Osteopathy is thoroughly scientific.

Osteopathy is truth and will prevail.

Owing to limited space, we have selected for this issue brief articles from the work on Osteopathy, by Dr. Elmer D. Barber, a graduate of the Kriksville school. These selections will be continued each month until the entire field is covered.



Asthma.

Asthma, pronounced incurable by the medical fraternity, can be relieved and in most cases cured by Osteopathy.

The thorax is a bony cage formed by the ribs, dorsal vertebrae, and sternum, containing and protecting the principal organs of circulation and respiration. The ribs are not only very elastic, but, being connected with the sternum by costo-cartilage and with the dorsal vertebrae by ligaments, have limited motion. Thus it will be seen that they are easily affected by accident or contraction of the muscles. In most cases of asthma a slight depression will be noticed over the second, third and fourth ribs on the left side, about two inches to the left of the median line, while the cartilaginous portion of the corresponding ribs on the right side will be found elevated; occasionally this will be reversed, but in either case it is proof positive that the framework which is supposed to protect the vital machinery of life is out of gear. Now, having correctly diagnosed this case, having proven that the lungs or bronchial tubes are not at fault, shall we act on the principle that the human system is a machine and proceed to remove the cause?

Let us suppose you were caught in a cyclone and heavy timbers pin you to the earth. Will you beg for medicine, or ask some friend to remove the weight that bears you down?

If you are suffering from asthma, dear reader, each faint cough, each gasping breath is a prayer from the imprisoned organs within for some

one to raise the ribs and expand the chest.

The great Creator, in His infinite wisdom, has arranged for just such an emergency as this by preparing a system of levers, one of which can be used in raising the ribs, stretching the intercostal muscles, and expanding the chest.

The pectoralis major, a large muscle which covers the entire front of the chest, attaching to the sternal half of the clavicle (collar-bone), the six or seven upper ribs, and the cartilages of all the true ribs, is inserted by a flat tendon into the external bicipital ridge of the humerus about two or three inches below the shoulder joint. If you will raise your arm high above your head, you will feel all the upper ribs move, thus proving that our theory is correct.



Consumption.

It is a well known fact that cold will contract not only iron and steel, but the muscles of the human body. To prove our theory is correct, allow a cold draught of air to strike the neck for some time, and possibly the next morning you will have a stiff neck. Why is it that the head does not turn freely on its axis? Because the muscles that were exposed have contracted and are a little too short. Acting on these principles we trace consumption to the contracted muscles of the chest, which are forcing the elastic ribs down upon the pleura and lungs. The old idea is that the lungs decay and the ribs settle. How absurd to suppose that the soft, spongy ribs support the chest! As well say that a house full of sponges would hold up the roof.

We have established the fact, beyond the shadow of a doubt, that it is the steady pressure of the contracting muscles that causes this dread disease, and experience has taught us that until tuberculosis sets in it can be cured.

(Our experience is that cases pronounced incurable are greatly benefited or cured by Osteopathic treatment. By restoring the circulation of blood through the lung tissue, we overcome the disease. Stasis means death. Stagnation means decay. A great river would become a stench and a nuisance to health if it was not for that onward flow to the mother ocean. Osteopathic treatment will increase the blood pressure and restore the tissues to life. C. E. A.)



Bronchitis.

This disease is attended with more or less suffocation and spasmodic respiration. The disease commences with more or less cough, irritation about the throat, sense of tightness in the chest, and shortness of breath, which do not for a considerable time attract attention. The first difficulty generally noticed as of importance is a sense of roughness, with frequent attempts to clear the throat, accompanied with or followed by titillation of the larynx, exciting a dry, hard cough. These are after a longer or shorter period, succeeded by some hoarseness of voice, with a sense of tightness across the chest, and sometimes a slight pain or diffused soreness upon coughing or inflating the lungs fully by a prolonged and deep inspiration. All the causes of consumption under modified circumstances produce this form or pulmonary disease.

Bronchitis being a modified form of consumption our treatment is especially applicable, giving immediate relief.



Cerebro-Spinal Meningitis.

Cerebro-spinal meningitis, which carries thousands to an untimely grave each year, yields readily to this method of treatment. So simple is it that a child can treat it understandingly and successfully, thus robbing that dread malady of at least half its

terrors. It was the loss of four of his children by this disease that turned Andrew T. Still, that deep thinker and wonderful reasoner, toward the fundamental principles of this science, which is certain to revolutionize the medical world. After years of study the good doctor discovered that the muscles which attach to and bind together (in connection with the ligaments) the spinal vertebrae were contracted, thus throwing an undue pressure on the intervertebral substance and interfering with not only the nerve supply, but with the circulation of the cord itself; and, for the first time looking on man as a machine, applied the only rational treatment.



Paralysis.

"Paralysis in its various forms, while stubborn, can invariably be cured by our method, if taken in time, and even in its last stages great good can be done the patient. Osteopathy is the only rational method of treating this disease. It is caused by pressure on some of the various nerve centres, or paralysis of any part may be caused by pressure on the nerves which control that part. The brain, cerebro-spinal cord and nerves may be justly compared to an immense telegraph system, the nerves carrying messages to and from the brain."

"That the average reader may have a more correct understanding of the nervous system, of the power which causes the heart to beat, the blood to flow, the lungs to inhale, the alimentary canal to perform its allotted task, and the muscles to act, let us dwell for a moment on the brain, the spinal cord, and the vertebral or spinal column, as it is on this line of thought that we must reach paralysis."

The nervous system is composed—

First: Of a series of large centers of nerve-matter, and called collectively the cerebro-spinal center or axis.

Second: Of smaller centers, called ganglia.

Third: Nerves connected either with the cerebro-spinal axis or ganglia; and

Fourth: Of certain modifications of the peripheral termination of the nerves, forming the organs of external sense.

The cerebro-spinal center consists of two parts, the spinal cord and encephalon or brain; the latter may be sub-divided into cerebrum and cerebellum, the pons varolli and the medulla oblongata.

The spine is a flexible and flexous column, composed of thirty-three separate and distinct bones in a child, and twenty-six in the adult, articulating with each other and the ribs, enclosing and protecting the spinal column, supporting the head and trunk, and permitting the escape through the numerous foramina of the nerves which control the body. Is not this a grand and wonderful piece of mechanism? So strong, so delicate, so perfect!

It is to this part of the human machinery that we trace half the ills that the flesh is heir to. It is here that we find centers on which a simple pressure of the hand will instantly cure cholera morbus, flux, cramp in the stomach, vomiting, etc., and it is here we must search for the cause and cure of paralysis.



Atrophy.

Atrophy of any part might well be mentioned at this time, it being a form of paralysis. It will be remembered that we mentioned the fact of the nerves controlling the caliber of the arteries, thus regulating the blood-supply. In atrophy we are confronted with a condition in which the nerves controlling the arteries which feed the withered parts are interfered with. The wires are down and the cry of hunger from the starving muscles never reaches the brain.

But even assuming that the brain

is apprised of the fact that certain muscles are starving, that they need more blood, its message to the arteries to expand never reaches its destination. We have absolutely never known our method to fail to restore shrinking limbs to their normal size if taken in time.



Constipation and Torpid Liver.

We will now endeavor to prove to the satisfaction of our readers that, viewing man as a machine, constipation can be traced to its true cause, and cured by an application of the never-failing principles of Osteopathy. The digestive organs in constipation may be compared to an electric car with the current partially cut off; with a light load it might possibly work in a feeble, halting manner, while the slender wire transmits the power to move the heavy car. The dynamo generates that power; break the connection, and the car stops. So is the human being; the brain is the great generator, the current of all power. Stop for one instant the current on these slender nerves, and the heavy muscles of the giant are weaker than those of a tiny child. There is one peculiarity about the nerves which is liable to lead one astray, and that is a fact that a pressure on the main trunk of a nerve causes no pain at that point, but at the extremity of the nerve.

In constipation we find the intercostal and spinal muscles contracted from the fifth dorsal vertebrae and fifth rib to the eighth. The sixth or seventh rib will be turned slightly, and either the muscles or rib pressing on the splanchnic nerves (which, with the pneumogastric, control the abdomen,) thus depriving the intestines of half their motor power. Taking physic for constipation is like whipping a weak half-starved horse. He will go just as long as you continue to apply the whip, but

it is left in a more enfeebled condition after each application of the lash. Would it not be more human and sensible to increase his feed and reduce his load, as we now propose to do with the splanchnic nerve?

By relaxing the contracted muscles we not only allow the ribs to spring back, thus releasing the nerve, but also permit the blood to pass down and supply the nerve with food, and in a comparatively short time it will be able to once more convey the current that will start the peristaltic action of the bowels, and also furnish a motor power to the sluggish liver and pancreas, enabling these organs to resume the work. As an obstruction to the nerve force of the splanchnic system not only weakens the peristaltic action of the bowels, but also the action of the liver, that great chemical laboratory; placed on the highway by which the great majority of material absorbed from the intestines reaches the blood, it is obviously in a position to act as the guardian of the blood's purity and health. It certainly in some respects performs its duty, for many poisons, if their amount be not excessive, are eliminated with the bile. But we have reason to believe that this enormous mass of protoplasm is placed in this peculiar position in the circulation to preside over much more important duties than that of a mere gate keeper. Many if not all the absorbed materials are found to be altered during their visit to the liver; in fact, we must regard this organ as the great chemical laboratory of the blood, where many important analyses are made. It has an immense double blood supply; it receives all the blood of the portal veins coming from the digestive tract and spleen. This supply of blood varies much in amount; after meals, it equals one-fourth of all the blood in the body. Among the many important functions of the liver are the formation of the urea and uric acid and the secretion of the bile. Its failure to

supply in sufficient quantities the latter (which is mixed in the abdomen with the pancreatic juice, to assist in digesting the food) is one of the secondary causes of constipation; another is the inability of the pancreas, through lack of nerve force to do its part in furnishing pancreatic juice. Thus, when we turn the current of the splanchnic, we start a three-horse team, which, pulling together in perfect harmony, will safely carry our constipated friend to the highway of perfect health.



Indigestion.

Symptoms very greatly, both in character and intensity, but there is commonly one or more of the following: impaired appetite, flatulence, and nausea; eructations, which often bring up bitter or acid fluids; furred tongue, often flabby, large or indented at the sides; foul taste or breath and heart-burn; pain and a sensation of weight and inconvenience or fullness after a meal. Irregular action of the bowels; headache, diminished mental energy and alertness, and dejection of spirits, palpitation of the heart or great vessels, and various affections in other organs.

Dyspepsia or indigestion is usually caused by a constipated condition of the bowels, which, becoming overloaded, hinder the action of the stomach until the glands of that organ become deceased. Thus we are again confronted with the parallel of an electric car, which, having lost its current, obstructs the main track. We expect to prove to the intelligent reader that when the peristaltic action of the small intestine loses part of its nerve-power, occasioned by a pressure on the splanchnic center at or near the spine, the foundation is laid, not only for constipation, liver complaint, and various stomach and kidney troubles, but by blocking the main track, one organ after another becomes diseased, and finally the stomach, bloated or filled with gas, presses so hard upon the diaphragm,

compressing the left lung, that it affects even the heart and lungs. Many cases of heart trouble we have traced directly to this cause, and cured by working on these never-failing principles.



Kidney Disease.

Disease of the kidneys may be distinguished from colic and other similar affections by the pain being far back, and by the urine being of a deep red color, voided frequently and in small quantities. It may be distinguished from rheumatism by the pain not being increased by motion. This disease is attended with a sharp pain on the affected side, with much difficulty in passing urine; the bowels are costive; the skin is hot; the patient feels great uneasiness when he attempts to walk or sit upright, and lies with most ease on the affected side. Remission of the pain, discharge of high-colored mucous urine, sweating or flow of blood from the hemorrhoidal veins, passed in stools are favorable symptoms.

The kidneys, two in number, are situated in the back part of the abdomen, and are for the purpose of separating from the blood certain materials which, when dissolved in a quantity of water, also separated from the blood by the kidneys, constitute the urine. The kidney is plentifully supplied with blood by the renal artery, a large branch of the abdominal aorta. The nerves although small, are about fifteen in number. They communicate with the spermatic plexus, a circumstance which may explain the occurrence of pain in the testicle in affections of the kidneys. It will be remembered that urea and uric acid are found in the liver and transmitted from that organ to the kidneys. Thus it will be seen that with a diseased liver we cannot have healthy kidneys. While we have as yet, been unable to cure Bright's Disease, diabetes and troubles of the bladder and kidneys caused by stricture, all other

urinary troubles can be immediately cured, and those just mentioned greatly benefited by Osteopathy, and cured if taken in time.

This treatment is as reliable as mathematics.



Heart.

The patient is seized with a sudden dreadful pain, which centers in the heart and extends over more or less of the anterior portion of the chest up to the shoulder, and down the arm. There is an agonizing sense of anxiety, faintness and fear of instant death, palpitation and difficulty of breathing, so that if walking he is compelled to stop and to fix on the first object that offers support, and so remains, pale and covered with clammy perspiration. The paroxysms may terminate in a few minutes or last for hours, and are liable to recur with increased severity till at length one proves fatal.

We will for a moment touch upon the arteries and veins, my object being to prove to my readers that the heart, arteries and veins are simply different parts of the same machine, and that the contraction of muscle, throwing a pressure on an artery or vein, will affect the heart, on the same principle that a force-pump attached to a rubber hose would be affected should you stand on the hose. The channels which carry the blood through the body form a closed system of elastic tubes.

Now, this river of blood, which throws branches to each organ and muscle in its course from the heart to its termination in the lower extremities, passing as it does through, over, under and between the numerous muscles on its journey, it will not be hard for the intelligent reader to believe that an obstruction to its free flow, caused by contracted muscles, would affect the heart. Cramping of the muscles is so very common, often leaving the muscles in ridges, that the most skeptical will not dispute the fact that muscles will contract

and remain in that condition. The heavy muscles of the thigh and those above and below the knee, from their peculiar relation to the artery and their great strength, are usually at fault, and by a simple twist of the leg, throwing these muscles on a strain, and thereby freeing the femoral artery, we have cured cases of heart disease that had baffled the best physicians of modern times.

If a patient has cold extremities, the trouble is necessarily along the line of the artery and the heart trouble corresponds with the illustration of the pump and rubber hose when the hose is obstructed.

Heart disease is often caused by constipation and a diseased condition of the alimentary canal. Those cases can be readily distinguished, as the patient will find great difficulty in breathing when in a recumbent condition, and upon resuming an upright position will feel immediate relief, thus proving that the organs are distended to such an extent that there is at all times a pressure on the diaphragm, left lung and heart, and that their own weight, when in an upright position will partially free the last named organs. It will be readily understood that our constipation or indigestion treatment, or both, as the case may seem to require, will cure this form of heart disease, as it has done in hundreds of cases. Other cases, and they are very numerous, are caused by a contraction of the muscles, depressing the ribs immediately over the heart, thus interfering with its action. We are led to believe that there are very few cases of actual "enlargement of the heart" but that the so-called "enlargement of the heart" is really a compression of the cavity in which the heart is contained.

Feeble action of the heart is caused by an almost imperceptible contraction of all muscles, thus interfering with the entire circulation. An aching, tired sensation, so often felt, is caused by the contracting muscles, as is readily proven beyond the

shadow of a doubt by the fact that after a general treatment, stretching and moving of all the muscles, permitting the sluggish blood to move more rapidly through the arteries and veins, the heart's action is increased and the tired, aching, worn sensation has entirely disappeared.



Dropsy.

In treating dropsy of whatever organ, it is necessary to use such remedies as will act on the kidneys and skin and excite them to increased activity; the result of this activity is to diminish the fluids which have collected in one or other part of the body and remain there unabsorbed, and cause them to be taken up by the kidneys or thrown off by the skin, and thus carried out of the system through the natural outlets. Any remedy that accomplishes this object effectively cures dropsy occurring in any part of the body.

That the reader may obtain a more correct understanding of our method of treating dropsy, viewing the human body as a machine, we will once more refer to the anatomy. Having followed this river of blood from the heart to its termination, we now trace it back to the heart and endeavor to locate along its channel the cause of dropsy and consequent heart trouble. The frequently branching arteries finally terminate in the capillaries, in which distinct branches can no longer be recognized, but their channels are interwoven into a network, the meshes of which are made up of vessels all having the same caliber. They communicate with the capillary network of the neighboring arteries, so that any given capillary area appears to be one continuous net of tubules connected here and there with a similar net work from distant arterioles, and thus any given capillary area may be fed with blood from several different sources.

The veins arise from the capillary network, commencing as radicals,

which correspond to the ultimate distribution of the arterioles, but they soon form wider and more numerous channels. They rapidly congregate together, making comparatively large vessels, which frequently intercommunicate and form coarse and irregular flexures. Thus it will be seen that we have two rivers, one distributing, the other gathering up and returning the blood to the heart. While a pressure on an artery, cutting off the supply to the extremities, causes them to be cold, at the same time effecting the heart, a pressure on a vein, stopping the return current, will necessitate an engorgement of the blood in the capillaries; the heart, working against odds in trying to force the blood past the contracted muscles, will certainly be effected, while the stagnant blood, unable to escape, will either cause inflammatory rheumatism, dropsy, or erysipelas.

Excite the nerves which control the kidneys to renewed action, thereby enabling them to separate the immense amount of water about to be poured into them from the blood. In a short time the kidneys will begin to act freely, throwing off the decomposed and watery particles of blood while in from two to four months the patient will be entirely well.



General Debility.

While we cannot roll back the veil of years, we propose to prove to our friends in advanced life that we can at least make them feel quite young again. In old age, the muscles, arteries, and in fact all the organs, are prone to ossify. The muscles become contracted and stiff, thus interfering with the free flow of blood and limy deposits form around the joints. It is but reasonable and proper that treatment which restores the muscles, the

blood to run faster and the heart to beat stronger would be especially applicable. It has been tested and proven times without number, and we feel that we can safely assert without fear of contradiction that our treatment with the overworked business man, the aged and infirm never has and never will fail to give gratifying results.

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